

"Express Mail" mailing label number ED418097589US
I, Peter K. Trzyna (Reg. No. 32, 601), hereby certify that this
paper or fee is being deposited with the United States Postal
Service "Express Mail Post Office to Addressee" service
under 37 CFR 1.10 on the date indicated below and is
addressed to the MS: Notice of Appeal, Commissioner of Patents,
P.O. Box 1450, Alexandria, VA 22313-1450 on the date set forth below:

Signed: Peter K. Trzyna (Reg. No. 32,601)

Date: September 11, 2006

PATENT

Paper No.

File: Hinne-P3-01

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Inventor	:	Michael Hinnebusch
Serial No.	:	10/015,866
Filed	:	12 December 2001
For	:	SYSTEM AND METHOD TO IMPROVE FITNESS TRAINING
Group Art Unit	:	3639
Examiner	:	NELSON, Freda Ann

MS: Notice of Appeal
Commissioner of Patents
P.O. Box 1450
Alexandria, VA 22313-1450

PETITION FOR EXTENSION OF TIME

S I R :

This is a Petition for Extension of Time for three months to respond to the Office
Action mailed March 10, 2006, in the above-referenced patent application. If additional time is
necessary, this Petition is to be deemed a Petition for such time as necessary to accept the
Notice of Appeal and Amendment After Final filed herewith.

APPLICANT CLAIMS SMALL ENTITY STATUS. The Commissioner is hereby
authorized to charge any fees associated with the above-identified patent application or credit any
overcharges to Deposit Account No. 50-0235.

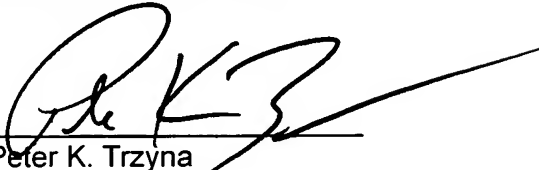
09/14/2006 RMEBRAHT 00000076 500235 10015866

01 FC:2253 510.00 DA

Please direct all correspondence to the undersigned at the address given below.

Respectfully submitted,

Date: September 11, 2006



Peter K. Trzyna
(Reg. No. 32,601)

P.O. Box 7131
Chicago, IL 60680-7131

(312) 240-0824